

The OES Special Education Committee – *We're here to help!*

If you are new to our school and seek additional information about Special Education and wish to establish connections with others; or if you are interested in joining our Special Education Committee, (*all are welcome!*), we encourage you contact our Special Education Liaisons, **Andrea Zuppas and Maren Wood** at special.education@oaktonpta.net.

FCPS SPECIAL EDUCATION RESOURCES

For information about FCPS Special Education Instruction [CLICK HERE](#).

The Fairfax County Public Schools (FCPS) Parent Resource Center (PRC)

Hours: Monday - Friday, 8am – 4pm

Address: FCPS Parent Resource Center

Dunn Loring Center for Parent Services, Entrance 1

[2334 Gallows Road, Room 105](#)

[Dunn Loring, Virginia 22027](#)

The Fairfax County Public Schools Parent Resource Center provides resources, information, and consultations to support the success of all students. Confidential consultations and a year-long calendar of workshops are normally offered for parents, educators, and community members. The [Parent Resource Center Lending Library](#) contains over 10,000 books, DVDs, and CDs on topics related to parenting and educating all children including those with learning challenges, mental health concerns, special needs and disabilities. Its library is open for pick-up on Wednesdays and Fridays, by appointment only, from 9:30am – 3:30pm; or you may [CLICK HERE](#) to access eBooks. Follow the PRC on [Twitter](#), [Facebook](#) and tune into its [You Tube Channel](#) to see a selection of recorded workshops. Bookmark the [PRC website](#) to stay up-to-date with future workshops and resources. [Staff](#) is available by phone [703.204.3941](tel:703.204.3941) or email prc@fcps.edu.

The following is a complete list of January workshops:

Neurodiversity: What Do You Mean We are All Neurodiverse?

January 12, 2023, 6:30pm & January 13, 2023, 10:00am

All human beings are neurodiverse. There is an infinite variety of thinking and experiencing the world due to our identities, experiences, and brain wiring that is a valuable form of human diversity (Büdy, 2021; Singer, 2019). This webinar examines the brilliance and advantages of neurodiversity and the different ways brains may function as it relates to neurodivergence or neurotypicality.

- What is the relationship between neurodiversity and student relationships and engagement?
- How can we use asset-based language?
- How can we reflect on individual mindsets toward inclusion for all students?

Presented by Kristen Haynor, FCPS Neurodiversity Specialist.

[CLICK HERE](#) to view the individual event page for the January 12 workshop and share with others.

[CLICK HERE](#) to view the individual event page for the January 13 workshop and share with others.

[Register online for Neurodiversity: What Do You Mean We are All Neurodiverse?](#)

Social-Emotional Milestones in Early Childhood

January 20, 2023, 10:00am – 11:30am

The first five years of life are a period of incredible growth in all areas of a child's development. Social and emotional development includes the child's experience, expression, and management of their emotions, and the ability to establish positive and rewarding relationships with others. Join us for this important webinar to

learn about the social-emotional developmental milestones in early childhood.

Webinar Highlights include:

- Identify social-emotional skills that develop in early childhood
- Discuss strategies to support children in their social-emotional development
- Explore concepts of attachment, temperament, and self-regulation and their impact on social-emotional development

Presented by Naomi H. Grinney, LCSW, Infant Mental Health Specialist, IMH-E® Clinical Supervisor/Behavioral Health Senior Clinician Infant-Toddler Connection of Fairfax – Falls Church [CLICK HERE](#) to view the individual event page for and share with others.

[Register for Social-Emotional Milestones in Early Childhood](#)

Morning Meeting and Responsive Advisory Meeting: Building Positive Classroom Communities through Social and Emotional Learning

Tuesday, January 24, 2023, 10:00am – 11:30am

Join us to hear about how teachers and school staff are building positive schoolwide and classroom communities through social and emotional learning.

During this session, families will:

- Learn about the evidence-based Responsive Classroom practices of Morning Meeting and Responsive Advisory Meeting.
- Understand how teachers are using these practices to engage students in learning that is challenging, developmentally appropriate, and supportive of the whole child.
- Learn new tips so you can continue these responsive practices at home.

The presenter is Ivette Robles, FCPS Curriculum Resource Teacher, Office of School Improvement and Supports.

[CLICK HERE](#) to view the individual event page for and share with others.

[Register for Morning Meeting and Responsive Advisory Meeting: Building Positive Classroom Communities through Social and Emotional Learning](#)

[CLICK HERE](#) to stay informed about future PRC virtual and in person workshops.

Special Education Parent Handbook

The newly updated Special Education Parent Handbook is available online. This manual provides a wealth of information regarding many topics of interest to parents and caregivers of students with disabilities, including Child Find, local screening, evaluations and eligibility for special education and Section 504 services, procedural safeguards/rights, key contacts and resources, and much more. To access the Special Education Parent Handbook [CLICK HERE](#).

The Advisory Committee for Students with Disabilities (ACSD)

The Advisory Committee for Students with Disabilities (ACSD) is a local advisory committee for special education, appointed by each local school board, for the purpose of advising the school board via the division superintendent. The committee meets monthly, and its' purpose is to examine current FCPS practices regarding the communication/dissemination of information to parents related to supports and services provided to students with disabilities; and to make recommendations designed to improve and strengthen the relationship between parents of students with disabilities and FCPS school staff and central office staff. **Next meeting TBA. [CLICK HERE](#)** to visit the Advisory Committee for Students with Disabilities website.

Applied Behavior Analysis Program (ABA)

The Applied Behavior Analysis Program of FCPS supports the special education instruction of students with autism and related disorders. Applied Behavior Analysis is a scientific approach to understanding behavior and refers to a set of principles that focus upon how behaviors change, or are affected by the environment, as well as how learning takes place. **[CLICK HERE](#)** for more about the FCPS ABA Program.

Twice-Exceptional (2e) Handbook

The **[Twice-Exceptional \(2e\) Learners Handbook and Resources](#)** were developed to provide schools and families with insight and guidance associated with the identification, instruction, and social-emotional wellness of students who are gifted and have learning challenges or disabilities. **[CLICK HERE](#)** to access the Twice-Exceptional (2e) Handbook.

LOCAL RESOURCES



The Special Education PTA of Fairfax County

<https://fairfaxcountysepta.org/>

<https://www.facebook.com/FairfaxCountySEPTA/>

Empowering and connecting families, students and educators to ensure students with disabilities develop their full potential as individuals and community members. Parents, professionals and educators of students with special education and disability needs have atypical circumstances, challenges and interests. Often, these special educational needs may not be the focus of programs designed for {predominantly} general education students. A Special Education PTA can supplement the educational experience for disabled students, families and professionals to support academic and social success. In addition, it allows for such parents, students and professionals to: (a) Connect with and support one another; (b) fund, sponsor and provide special trainings, workshops and events unique to special education needs; and (d) understand and navigate the special education system and special education and disability rights under the law. The SEPTA does not take the place of a local school PTA nor any other PTA organization. We encourage all SEPTA members to participate in their local PTAs. Participation in your local PTA(s) will provide general PTA and school-based programming and participation opportunities that our county-wide SEPTA may not.

The following SEPTA-recommended resources are FREE unless otherwise noted. Registration required where indicated:

Two 911 Pre-Notification Programs Are Now Available

Both allow prior registration so that first responders will be aware of the special needs of individuals at the scene:

Fairfax County Emergency Health Profiles

Ongoing medical and behavioral health conditions can be included, along with emergency contact information. <https://www.fairfaxcounty.gov/911/emergency-health-profile>

Fairfax County Community Connect

The special needs of individuals, and information about pets and your residence can be included with emergency contacts. <https://www.communityconnect.io/info/va-fairfax-county>

New Mental Health Services for Youth Available, \$ varies

Short-term, solution-focused treatment (8-10 sessions) and care coordination with peer support now available for follow-up care. Contact: <https://www.jssa.org/healthymindsfairfax/>

Mental Health Peer-Run Warm Line – in Spanish

Línea cálida de salud mental dirigida por pares

Este servicio es para personas que buscan recursos de salud mental o para quienes se preocupan por ellos.

[Llama o envía un mensaje de texto 1-866-400-MHAV \(6428\)](tel:1-866-400-MHAV)

GWU/GMU Autism Research Study – for ages 5-17, \$90 for participation

Participants play child-friendly computer games while their gaze and brain function is tracked.

Apply via email: Chelsea Armour at aarmour@childrensnational.org or andilab@email.gwu.edu

How to Combat Procrastination in the New Year

Thursday, January 5, 2023, 1:00pm

Consider why and how ADHD is related to a personal procrastination pattern, and how to decrease triggers. Register: <https://www.additudemag.com/webinar/stop-procrastinating-setting-goals-adhd/>

Using the IEP as a Launch Pad

Thursday, January 5, 2023, 11:00am

Learn how to identify and focus on the parts of the IEP that can align to your child's future career and personal goals.

Register: https://us06web.zoom.us/webinar/register/WN_Jc_OUnorRxekiCMIaz_wNw

ABLE Accounts and Special Needs Trusts

Friday, January 6, 2023, 10:00am – 11:30am

Learn about these two programs to determine which would be helpful for your family's situation due to a disability.

Register: https://us06web.zoom.us/webinar/register/WN_Wy0ger7hTvO_eRsfMESxOg

Family Math Week

Monday, January 9 to Friday January 13, 2023

Enjoy games and stories that delight all ages, and work toward our goal of 1 MILLION minutes!

Access: <https://www.mindresearch.org/fcps-math-week?>

IEP University (IEPU) – self-paced course, with access 24/7

Monday, January 9 to Sunday, January 29, 2023

Get accurate and useful information about IEP development and meetings including many practical strategies. Register: <https://www.eventbrite.com/e/iep-university-iepu-registration-468699381467>

Finding the Fuel for Learning & Emotional Well-Being

Tuesday, January 10, 2023, 3:30pm – 4:30pm

A review of the science of learning will be followed by a discussion of the need to measure and enhance learner engagement.

Register: <https://vcurrtc.org/training/webcasts/webcastDetails.cfm/616>

Understanding IEPs v. 504 Plans v. Service Plans and Accommodations v. Modifications: What Supports Are Right for Your Child? *Spanish interpretation available*

Tuesday, January 10, 2023, 7:00pm

Learn about education support plans and examples of accommodations and modifications for students with autism. Register: <https://xminds.org/event-5050686>

Worried Parents, Anxious Kids: How to Help Your Student Manage Anxiety and Improve School Performance, with replay link

Tuesday, January 10, 2023, 7:00pm

Gain practical strategies to improve parent-child communication and learn about the SPACE parent-based treatment program.

Register: https://us02web.zoom.us/webinar/register/4116709457090/WN_97IKYP-yTcaAYAgQ76oTXw

Responding to Your Child's Resistance to Learning

Wednesday, January 11, 2022, 7:00pm

Learn the causes of resistance to learning and strategies for new ways of communicating to support children learning at home.

Register: https://us06web.zoom.us/webinar/register/WN_OUWRPfgcT6e5LWvaMlvUKg?

Strengthening Families for Parents and Tweens – in Spanish

Familias Fuertes – Grupo de padres y jóvenes (10-15 años)

Cada miércoles 6:00pm – 9:00pm, 11 de Enero al 22 de Febrero, 2023, Falls Church HS, 7521 Jaguar Trail, Falls Church, Las familias pueden volverse más unidas y felices a través de discusiones, juegos, dramatizaciones y proyectos familiares. Cuidado de niños, cena, y sorteos incluidos.

Registrarse: https://scanfamilies.org/wp-content/uploads/2022/12/Jan-2023-SF-flyer_falls-church-high.pdf

ADHD Management Parent Group, \$0 - \$200, with on demand video course

Thursday, January 12 & 19, 2023, 8:15pm – 9:15 pm

Live discussion will include: how and why to do a medication trial, managing side effects, uneven coverage, and discontinuation

trials. Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ejfr1u4g08f96adb&oseq=&c=&ch=>

Anxiety in Children and Adolescents, with on demand video course, \$0 - \$200

Thursday, January 12 & 19, 2023, 7:00pm – 8:00pm

Live discussion will include: diagnosis, cognitive-behavioral therapy, parent accommodation reduction, etc.

Register: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ejfr1u4i4a0914bf&oseq=&c=&h=>

Collaborative & Proactive Solutions

Thursday, January 12 and Friday, January 13, 2023, 9:45 am-5:15 pm, 1 or 2 day(s), \$119-\$199

Gain an overview of the Collaborative & Proactive Solutions model including the use of assessments and problem solving. Register: <https://www.eventbrite.com/e/collaborative-and-proactive-solutions-2-day-virtual-training-registration-421369777347>

Pregnancy & Human Reproduction – for youth with IDD, ages 14-22

Thursday, January 12, 2023, 6:00pm – 7:00pm

This training is designed to increase a youth's capacity for self-advocacy, decision-making, and personal safety. Register: <https://www.eventbrite.com/e/youth-sexual-health-and-wellness-upcoming-virtual-sessions-registration-481673377037>

Talk Saves Lives

Thursday, January 12, 2023, 8:00pm – 9:00pm

Suicide can be prevented. Learn how by recognizing common risk factors and warning signs, and by learning appropriate responses. Register: <https://ncactsl01122023.attendase.com>

Executive Functioning Challenges for ASD Students

Friday, January 13, 2023, 12:00pm – 1:00pm

We will answer your questions and offer practical ideas to strengthen executive function skills. Spanish Interpretation will be available
Register: <https://xminds.org/event-5053939>

Ice Skating Get Together for Adoptive Families

Saturday, January 14, 2023, 12:00pm – 3:45pm, Fairfax Ice Arena 3779 Pickett Rd.

Fairfax Up to five free tickets will be available for each family with adopted children ages 0-18.

(Register once per family.) Register: <https://www.eventbrite.com/e/npac-family-ice-skating-respite-tickets-476543513477>

SKS Art with Youth Creativity Workshop

Sunday, January 15, 2023, 2:00pm – 3:30pm, Reston Library, 11925 Bowman Towne Drive Reston

“So Kids SOAR” welcomes youth and young adults (ages 8 to 30) with disabilities of any type to make winter themed crafts. Register: <https://www.eventbrite.com/e/sks-art-with-youth-creativity-project-tickets-475660030957?aff=ebdssbdestsearch>

Strengthening Families for Parents and Tweens – in Spanish

Familias Fuertes – Grupo de padres y jóvenes (10-15 años)

Cada martes 6:00pm – 9:00pm, 17 de Enero al 28 de Febrero, 2023, Falls Church HS, 3501 Lion Run, Fairfax

Las familias pueden volverse más unidas y felices a través de discusiones, juegos, dramatizaciones y proyectos familiares. Cuidado de niños, cena, y sorteos incluidos.

Registrarse: <https://scanfamilies.org/wp-content/uploads/2022/12/Jan-2023-SF-flyer-fairfax-high.pdf>

Excited and Engaged: Strategies and Solutions for Social Anxiety in Children and Teens with ADHD

Wednesday, January 18, 2023, 7:00pm

Gain strategies to improve your child's conversational skills, and ability to initiate. Foster friendships and increase your child's self-esteem.

Register: https://us06web.zoom.us/webinar/register/WN_G2Aw9fc3RdOnPJzW1Q-4w

Parents and Caregivers: The Importance of Self-Care

Wednesday, January 18, 2023, 1:00pm

The focus will be on self-care for adult caregivers supporting people with special needs, including autism. Register: <https://www.autism.org/self-care/>

The Power of Engaging Families

Wednesday, January 18, 2023, 5:30pm – 6:30pm

Parents will explore their thoughts on “family engagement” and how educators share the responsibility for student success.

Register: https://us02web.zoom.us/webinar/register/WN_Twl3qgrPO_KOS7UqNHVO2w#/registration

Steps for Systematically Teaching New Behaviors

Wednesday, January 18, 2023, 10:00am –11:30 am, OR 7:00pm – 8:30 pm

Learn strategies for how skills are broken down into small, discrete steps and taught systematically.

Access: <https://www.fcps.edu/academics/academic-overview/special-education-instruction/applied-behavior-analysis-aba-program>

The Big Step: Early Intervention to Preschool

Wednesday, January 18, 2023, 6:30pm

Learn what to expect, tips for success, and the roles of educators, coordinators, and parents in ensuring a smooth transition for your child.

Register: https://us02web.zoom.us/webinar/register/WN_s14PPAF2QmaK1a4KrPZMtw#/registration

Youth Mental Health First Aid – Course for Adults, \$25

Wednesday & Thursday, January 18 &19, 2023, 1:00pm – 4:30pm

Learn the risk factors and warning signs of mental health challenges in youth, their potential impact, and how to respond.

Register: <https://www.fairfaxcounty.gov/hocode/ereg/Registration.aspx?groupID=47>

ADHD Medication Options and Benefits for Children, *with replay link*

Thursday, January 19, 2023, 1:00pm

Learn more about the many effective medications for ADHD including how to manage side effects.

Register: <https://www.additudemag.com/webinar/benefits-of-adhd-medication-children/?>

Mind/Body Practices for Hope and Healing, \$0 - \$15, *Coupon Code: HOPE*

Thursday, January 19, 2023, 1:00pm – 2:30pm

This experiential workshop invites participants to engage in whole-body practices and learn self-care tools that are easy and cost effective.

Register: <https://adoptionsupport.org/event/syf-webinar-mind-body-practices-for-hope-and-healing/>

Proactive Strategies To Prevent Reactive Parenting

Thursday, January 19, 2023, 9:00am

Gain ways to create greater predictability for family life, more effective communication with your children, and skills in preventing problems.

Register: <https://www.eventbrite.com/e/proactive-strategies-to-prevent-reactive-parenting-tickets-479289657267>

Supported Decision-Making in Special Education – Start Early!

Thursday, January 19, 2023, 6:30pm – 7:30pm

Learn what supported decision-making is, why it's important, and how it can have a positive impact on your child's present and future.

Register: <https://peatc.org/event/supported-decision-making-in-special-education-start-early/>

Thank Goodness It's Financial Fitne\$\$ Friday

Friday, January 20, 2023, 10:00am – 11:30am

Certified financial professionals will answer your questions regarding financial futures planning.

Register: https://us06web.zoom.us/meeting/register/tZ0sdu-spjIsH9UASyf5_p19JGkHucb3qRdA

Positive Parenting Class -- in Spanish

Clase de Paternidad Positiva – Para padres de niños de 0 a 6 años

Sábado, 21 de Enero, 2023, 9:00am – 3:00pm, 13505 Hillendale Drive, Woodbridge

Se siente preocupado por el comportamiento de su hijo? Padres aprenderán técnicas positivas de como lidiar con comportamientos difíciles, y como manejar el estrés.

Registrarse: <https://formedfamiliesforward.org/clase-de-paternidad-positiva/>

Anxiety Busters for Anxious Moments

Tuesday, January 24, 2023, 7:00pm – 8:30pm

Gain a handful of tools to help your child develop the emotional hardware to handle anxiety and focus instead on what really matters. Register: <https://thesycamoreschoolva.org/event/anxiety-busters-for-anxious-moments/>

Dispute Resolution Options in Virginia

Tuesday, January 24, 2023, 6:30pm

Learn about your options, how they work, and when it may be best to use each one. The more you know, the more prepared you can be.

Register: https://us02web.zoom.us/webinar/register/WN_erZiZHLSMueSfN6aR9k0w#/registration

Morning Meeting and Responsive Advisory Meeting: Building Positive Classroom Communities

Through Social and Emotional Learning, Tuesday, January 24, 2023, 10:00am – 11:30am

Learn how teachers are using these practices to engage students in ways that are challenging, appropriate, and supportive of the whole child. Register: <https://www.fcps.edu/resources/family-engagement/parent-resource-center/register-free-workshops-parent-resource-center>

New Year, New Strategies: Helping Students with ADHD Plan, Persist, and Achieve Their Goals, *with*

***replay link*, Tuesday, January 24, 2023, 1:00pm**

Gain ways to help resistant kids plan ahead, stay organized, and overcome roadblocks to achieve what they set out to do. Register: <https://www.additudemag.com/webinar/school-goals-strategies-routines-adhd-student/?>

Nurturing Parenting Class – for families with children ages 5-11

Tuesdays, January 24 through May 9, 2023, 6:00pm – 8:00pm

Families increase their empathy, find new ways to foster appropriate behavior, build self-esteem, and learn to have fun together. Register via email: buildingstrongerfamilies@fairfaxcounty.gov or

phone [Lisa Payne-Chesley 703.324.7720](tel:703.324.7720)

Parenting Education Class – For families with children ages 5-11

Tuesdays, January 24 to May 9, 2023, 6:00pm – 8:00pm

Families learn what to expect from children and how to build strong positive relationships, handle stress, and have fun as a family. Register: <https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs> email ParentingEducation@fairfaxcounty.gov or phone Lisa Payne-Chesley 703-324-7734

Self-Regulated Learners: Helping Kids Grow Their Own Executive Skills, \$15

Wednesday, January 25, 2023, 7:30pm – 9:00pm

Learn how to transition from being your child's frontal lobes to helping them grow their own executive skills. Register: <https://www.eventbrite.com/e/helping-kids-grow-their-own-executive-skills-tickets-483930748897>

Virtual Family Game Night – for Adoptive Families

Wednesday, January 25, 2023, 5:30pm – 7:30pm

Open to adopted children, ages 0-17, and their family.
The first 10 families to register will receive dinner.

Register: <https://www.eventbrite.com/e/npac-virtual-game-night-tickets-450848980437>

LCPS Mental Health and Wellness Conference

Saturday, January 28, 2023, 8:30am – 12:30pm, Lightridge HS, 41025 Collaboration Dr., Aldie

A resource fair and presentations by school, community, and regional experts will be available via multiple breakout sessions.

Broken Resolutions? How Students with ADHD Can Achieve Academic Success in 2023 Without Lofty New Year's Goals

Tuesday, January 31, 2023, 8:00pm

Think concretely in small steps to create routines, build organizational skills, communicate for mutual understanding, and build trust.

Register: https://us02web.zoom.us/webinar/register/WN_7GuUupURTu-KOwe45rqEeQ

Plan Ahead! Dads Parenting Group

Tuesdays, February 7 to April 25, 2023, 6:00pm – 8:30pm

Hone your Father Skills by meeting with other Dads to focus on self-awareness, self-care, parenting skills and relationship skills.

Register: <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement>

SEPTA - Recommended Ongoing and On Demand Resources

Accommodations for Recreational Classes and Camps with Fairfax County Parks – Accommodations include physical accessibility, ASL interpreters, assistive devices, sensitivity training for classmates, and staff training. To request accommodations, email gary.logue@fairfaxcounty.gov or call 703.324.8563.

Adapted Recreation for Kids – Fairfax County Parks

Swimming, gymnastics, ice skating, fitness, park explorers.

Information: <https://www.fairfaxcounty.gov/parks/adapted-programs>

Advanced Training in Collaborative & Proactive Solutions, \$149

Participants will learn how to use the ALSUP assessment and how to solve problems collaboratively.

Access: <https://vimeo.com/ondemand/2dayjan22>

The Arc@School Advocacy Curriculum, \$99 for 6 months

Build up your special education knowledge, know the law, and learn to advocate for the services and supports your child needs at school. Purchase: <https://thearcatschool.org/advocacy-curriculum/>

Back-to-School ADHD Master Class – Self-Guided Course

This 10-part multimedia course has modules on accommodations, executive functions, behavior challenges, learning differences, etc. Register: <https://www.additudemag.com/download/adhd-school-master-class-ceus-teachers-parents/>

Dyslexia & the IEP – How to Make Sure the IEP Is in Tip-Top Shape, \$200, scholarships available, webinar, available 24/7 Access: <https://www.youtube.com/watch?v=frehRL58UTs>

Gun Violence Prevention Resources

<https://www.fcps.edu/resources/student-safety-and-wellness/gun-violence-prevention-resources>

NAMI Basics

This six-session course is for adults who provide care for youth, (ages 22 and younger), who are experiencing mental health symptoms (including ADHD and ASD).

Register: <https://www.nami.org/Videos/NAMI-Basics-OnDemand>

The Parent Playbook

9 Module Online Course on Autism, from the VCU Autism Center for Excellence & Virginia Autism Council. An introduction on autism spectrum disorder for families, including tips for caregivers, characteristics, interventions and recommended programs and services.

Access: https://vcuautismcenter.org/te/courses/parent_playbook.cfm

Scholarships for Classes with Fairfax County Parks

For a *\$15 registration fee*, children of families that receive public assistance, (i.e., Medicaid, free school lunch, SNAP, TANF), are eligible to take one set of classes per quarter.

Information: <https://www.fairfaxcounty.gov/parks/scholarships>

Wrightslaw Special Education Law and Advocacy Training, \$50-\$90

Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy.

Info: <https://www.wrightslaw.com/webex/law.adv.index.htm>

SEPTA – Recommended Parental Support Groups

Groups listed below are open to newcomers and are free of charge, except where indicated.

Diagnoses are not required for participation and confidentiality is respected. Participants are typically provided with the opportunity to share their experiences; and then, in turn, seek guidance and support from group members regarding both community and school resources.

AAC Parent Group – Meets occasionally on Saturdays. Contact: Amanda, amandam@skillbuildersllc.com or 703.941.7757, ext. 316

African American Culturally Focused Virtual Parent Café – Meets Thursdays, 6:00pm-7:30pm. Register at least 24 hours in advance by email at BuildingStrongerFamilies@fairfaxcounty.gov or 703.324.7720.

Alpha Moms – Meets monthly in McLean. Support group for adoptive parents.

Contact: robin4brady@gmail.com

Arlington Epilepsy Support Group – A list-serve, can be accessed at arlepilepsy@googlegroups.com.

Autism Dads – Meets monthly. Contact: George Buzby at 571.419.1257 or gbuzby@aol.com

Autism Society of Northern Virginia Virtual Support Group – Meets second Saturday, monthly, 1:00pm-2:30pm, via Zoom at <https://us02web.zoom.us/j/9466001682>, Meeting ID: 83085728013

Business Networking Event for Special Needs Parents – Meets alternate Fridays, 9:00am-10:30am, via Zoom. Connect with fellow special needs parents and business owners, build your referral network, and share best practices. Contact: <https://thearcofloudoun.org/networking/>

Cafés Virtuales Para Padres – Miércoles de 7:00pm-8:30 pm. Registrarse con al menos veinticuatro horas de anticipación: BuildingStrongerFamilies@fairfaxcounty.gov o 703.324.7720

CHADD – Children and Adults with Attention Deficit/Hyperactivity Disorder

- **Alexandria CHADD Parent Support Group** – Meets fourth Monday, monthly, 6:30pm. Contact Alyssa at ADHDParentMountVernon@gmail.com or call 303.903.9972.
- **Loudoun County CHADD Parent Support** – Meets third Tuesday, monthly, in Sterling. Contact Bonnie Little at 571.306.2932 or on Facebook @loudounahdhsupport.
- **West Fairfax/Burke CHADD Parent Support Group** – Meets first and third Thursday, monthly, 8:00 pm. Contact Cathy at ocgreulich@aol.com.

Chat Group for Latino Parents – in Spanish

Grupo de Chat para Padres: Unete a nuestro Grupo de chat mediante la aplicación de WhatsApp y podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. Entra al Group: <https://bit.ly/2VoU2vw>

D.A.D.S. – Dads Appreciating Down Syndrome – Meets third Tuesday, monthly, from 7:00pm-9:00pm, via Zoom. Contact George Buzby at gbuzby@aol.com or call 703.545.6089

Dr. Dan's Support Group for Parents Raising Challenging Children –

Meets Monday, 1:00pm-2:00pm, via Zoom. Register:

<http://survey.constantcontact.com/survey/a07eh2rnzqrk9vdghmb/a0179kbgrhbj1/questions>

Embark in the DC Metro Parent Support Group –

Meets virtually, alternate Thursdays, 12:00pm – 1:00pm. For parents of children and youth with mental health challenges. Register: <https://www.embarkbh.com/event/dc-metro-virtual-parent-support-group/>

Fairfax Juvenile Court Parent Support Group – For problems including runaway behavior, truancy, and serious behavioral problems at home, school, or in the community. Sign up for phone consultation at <https://www.signupgenius.com/go/10c0a44abab29abf85-juvenile>.

Family F.I.R.S.T. Fridays Autism Support Group – Meets first Friday, monthly, 12:00pm -12:45pm, at Gum Spring Library 24600 Millstream Drive, Stone Ridge, Virginia, 20105.

Contact: <https://library.loudoun.gov/GumSpring>

Formed Families Together – Virtual support group meets first Sunday, monthly. In-person support group meets third Wednesday, monthly. Consists of peer support groups for adoptive, kinship, foster caregivers and parents. Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

Foster the Family Support Group – Meets third Monday, monthly, 6:30pm-8:00pm, in Falls Church. Childcare is provided. Register: <https://www.fosterthefamilydc.org/supportgroups>

Grupo de Chat para Padres: Unete a nuestro nuevo Grupo de chat mediante la aplicación de WhatsApp y podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. <https://bit.ly/2VoU2vw>

Grupo de Educación y Apoyo a Padres – En Español se reúne el cuarto sábado de cada mes, de 10:00am a 11:00am en Zoom en <https://us02web.zoom.us/j/9466001682>, ID de reunión: 946 600 1682

Hablemos Educación Especial – Es un grupo de discusión de padres de habla hispana y de un estudiante autista. Se reúnen virtualmente el primer Miércoles de cada mes de 7:00pm-7:45pm pm Registrarse: <https://xminds.org/event-4522635>

Heads Up and Talk It Out – Teen and Parent Recovery Groups – Meets Thursday, weekly, 6:00pm-7:00pm. Concurrent virtual groups for teens, (ages 14-17), who are working through emotional, mental health or substance use challenges. Info: <https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out>

Infinity ABA Parent Connect – Meets online on the 2nd Thursday monthly, 7:00pm-8:30pm. For families with an child with autism, Guest speakers, discussions, and resources. Register: <https://www.infinityaba.com/events/>

Kinship Café – Meets second Wednesday, monthly, 6:30pm-8:00pm. For those raising children of friends or relatives. Contact: BuildingStrongerFamilies@fairfaxcounty.gov or call 703.324.7720.

Let's Talk Transitions – Meets fourth Wednesday, monthly, 7:00pm, to discuss autistic teens post-high school plans. Register: <https://xminds.org/event-4522626>

Military Families Support Group – Meets first Tuesday, monthly, 7:00pm-8:00pm. For military families with disabled dependents. Access: <https://us02web.zoom.us/j/9466001682#success> OR Email_director@asnv.org for details

NAMI Family Support Group – Meets first and third Wednesdays, monthly, on Zoom. For parents of children living with mental health challenges including ADHD, ASD, etc. <https://zoom.us/j/94509229914>

NAMI: National Alliance on Mental Illness – Meets Sundays, bi-monthly, 7:00pm-8:30pm. Arlington Parent Support Group to build better lives for affected families. Contact Michelle Best at mczero@yahoo.com

NAMI Parent & Caregiver Support Group – Meets fourth Thursday, monthly. Email namicva.org or call 804.285.1749

NOVA Adopt Friends Parent Peer Support Group – Meets third Thursday, monthly, 6:00pm–7:30pm via Zoom. For adoptive parents. <https://us06web.zoom.us/j/5687947368>

OCD Family Support Group – Meets first Monday, monthly, 7:30pm.

Contact: ela.mike@verizon.net or call 202.215.5859

Parents of Autistic Children (POAC-NOVA) Parent Support Group – Meets occasional Saturdays.

Contact: Brianne Russel-Morris administrator@poac-nova.org

Parent Café (for all Fairfax County parents and guardians) – Meets Monday, weekly, via Zoom in English, 7:45pm-9:15 pm. Meets en Español, Miércoles, 7:00pm-8:30pm. Register at least 24 hours in advance via email at buildingstrongerfamilies@fairfaxcounty.gov or 703.324.7720

Parents in a Pandemic – Meets Tuesdays, bi-monthly, 5:30pm–6:30pm. For families of children or young adults with developmental and/or behavioral challenges.

Register: <https://thearcofnova.org/jun-dates-for-virtual-parent-support-group-meetings/>

People of the Global Majority – Meets virtually, monthly, first Monday, 7:00pm-7:45pm. A discussion group for BIPOC parents of children with autism. Register: <https://xminds.org/event-4534279>

REACH Parent Support Group – Meets monthly to support parents of individuals with developmental disabilities who also have mental health or behavioral issues. Contact: Dr. Pourmand at mojgan.pourmand@eastersealsucp.com

Small Steps Together – Meets virtually, monthly, fourth Monday, 7:00pm-7:45pm. Discussion group for parents of preschool and elementary children with autism. Register: <https://xminds.org/event-4778134>

Virginia Family Network Book Club – Meets monthly to discuss books selected for their value to parents and caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org

Virginia Family Network Parent Meetup – Meets first and third Fridays, 8:00pm. For parents/caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org

[CLICK HERE](#) and scroll down to view SEPTA's complete list of upcoming events.

ADDITIONAL RESOURCES

Autism Society of America

www.autism-society.org

The Autism Society of America's goal is to increase public awareness about autism and the day-to-day issues faced by people with autism as well as their families and the professionals with whom they interact. [CLICK HERE](#) to learn more about the Autism Society of America in Northern Virginia.

Autism Speaks, Inc.

www.autismspeaks.org

Autism Speaks, Inc., is the largest autism advocacy organization in the United States. It sponsors autism research and conducts awareness and outreach activities aimed at families, government and the public. [CLICK HERE](#) to learn more about Autism Speaks, Inc., in the National Capital region.

The Arc of Northern Virginia

<https://thearcofnova.org>

The Arc of Northern Virginia is a local chapter of the largest non-profit organization supporting thousands of people with intellectual and developmental disabilities (ID/DD) and their families. Our service area includes the cities of Alexandria, Fairfax and Falls Church, as well as Arlington and Fairfax Counties. We are a small, grassroots, 501(c)(3) non-profit organization governed by a local volunteer board of directors. [CLICK HERE](#) to learn more about the Arc of Northern Virginia.

Best Buddies International

www.bestbuddies.org

State Headquarters – 6231 Leesburg Pike, Suite 310, Falls Church, VA 22044, 703.533.9420

Best Buddies is the world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with Intellectual and developmental disabilities (IDD). This vibrant organization has grown from one original chapter to nearly 2,900 chapters worldwide, positively impacting the lives of over 1.25 million people with and without IDD. Best Buddies programs engage participants in each of the 50 states and in 54 countries around the world. [CLICK HERE](#) to learn more about Best Buddies in the National Capital region.

The Kennedy Krieger Institute

www.kennedykrieger.org

Located in Baltimore, Maryland, Kennedy Krieger Institute is an internationally recognized institution dedicated to improving the lives of children and young adults with pediatric developmental disabilities and disorders of the brain, spinal cord and musculoskeletal system, through patient care, special education, research, and professional training. [CLICK HERE](#) to learn more about the Kennedy Krieger Institute.

The Parent Educational Advocacy Training Center

<https://peatc.org>

The Parent Educational Advocacy Training Center builds positive futures for Virginia's children by working collaboratively with families, schools and communities to improve opportunities for excellence in education and success in school and community life. Our special focus is children with disabilities. We do this by providing:

- Services and support for families and professionals;
- easy-to-understand, research-based information and training; and
- opportunities for strategic partnerships and advocacy for systemic improvement.

[CLICK HERE](#) to learn more about the Parent Educational Advocacy Training Center.